

Family Values

Webinar
18 May 2021



**Always
connected**

Overview of Session

The Family Values Session focusses on:

- What are values?
- Why are values important?
- Identifying Individual values
- Identifying Family values
- Reviewing values

What are values?

Values are basic and fundamental beliefs that guide or motivate attitudes or actions. They help us to determine what is important to us. Values describe the personal qualities we choose to embody to guide our actions; the sort of person we want to be; the manner in which we treat ourselves and others, and our interaction with the world around us. They provide the general guidelines for conduct.”

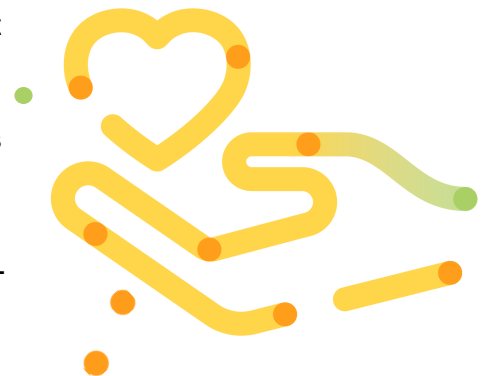
(Mintz, 2018)

Why Values are important

Values help you:

- **Find your purpose** — Knowing what is important to you is the first step in identifying a purpose, it builds the foundations to guide us in the right direction.
- **React in difficult situations** — Values help show us who we want to be and how we want to act, by knowing our values, we can identify how we want to behave in situations and help us reflect when maybe we haven't behaved or reacted in a way that matches who we are or who we want to be.
- **Make decisions** — When we know what we value we can ask ourselves, does this decision align with my values? Hopefully helping us limit the emotions involved and focus on what is important to us so the decision reflects on who we are.
- **Keep things simple** — We live such busy lives, sometimes we need to reflect on what is important to us and prioritise what we should or need to do. Values will help us determine what to focus on and perhaps what we can let go of.
- **Develop a sense of self** — Your values will guide you in developing your own opinions. Everyone has different values, you are different to your family, friends and colleagues, these values will help you decide what you believe allowing you to be true to yourself.
- **Increase your confidence** — As mentioned in the last point, as we determine and live out our values, we will further develop our sense of self, the stronger our sense of self is, the more confident we will become. We know what we want and what is important to us.
- **Improve your overall happiness level** — As all the above points come together, you are likely to benefit from an overall increase in your level of happiness.

(Mandel, n.d.)



Identifying Individual Values

We often think we know what we value but haven't really given ourselves the opportunity to clearly identify and define what is important to us. By taking the time to do this, we can realise the full benefits of knowing our values, making it easier to live by them.

Use this list to identify what you value, remember there are many more, so feel free to add your own value if not in this list.

First circle the top 10 values. While doing this, think of who you are in this moment – who you want to be, we have many influences and assumptions on what we should value. Be honest to yourself when making your list.

Then your top 5.

Lastly try and narrow down to **3 top values.**

Life	Compassion	Freedom	Dedication
An appreciation and respect for all living things	Understanding the suffering of others	The power to act speak or think without restraints	Binding yourself to a course of action
Creativity	Accountability	Work	Humour
Innovation and originality	Answering for one's own actions	Getting great value from your work	To see the funny side of things
Cooperation	Trustworthiness	Advancement	Loyalty
Working together for a common purpose	Dependability	Personal and professional growth	Faithfulness to a person or group
Wealth	Security	Recognition	Beauty
Accumulating money/ possessions	Having what you need to feel safe	To feel important	An appreciation for beauty
Professionalism	Morality	Patience	Spirituality
Commitment to quality	A strong sense of wrong and right	The capacity to endure hardship	A belief in the spiritual dimension
Success	Responsibility	Power	Respect
Achieving your goals	Responsible for one's own conduct	To direct, lead	Regard for all people
Honesty	Justice	Health	Cleanliness
A high regard for sincerity	Fairness, balance, equity	Physical and mental well-being	Being careful to keep or make clean
Love	Helpfulness	Knowledge	Independence
Strong feelings of caring and affection	Outreach to the needs of others	Seeking and learning new information	Freedom from control
Adventure	Friendships	Community	Family
To have an exciting or unusual experience	To maintain and value friendships	To play an active role in society	Taking responsibility and spending time with family
Efficiency	Status	Competition	Pleasure
Being competent in performance	Having social or professional standing	Wanting to be the best at something	Enjoyment of the things you like

Family Values

Family values are those beliefs that shape a family. While members of the family will have their individual values, family values bring the family together. These values will help guide everyone within the family to be the best they can be.

Benefits of identifying family values

Along with the benefits of identifying our individual values, identifying family values, also has benefits:

- **Sets a standard** – allows parents to outline and role model family values. Use language that reminds children of the family values and explain that they are important to everyone in the family. Staying true to the family values, allows parents to role model this to the children, encouraging them to be the best they can be.
- **Influences Decision Making** - As with Individual values, family values can be used to determine how we make a decision within a family.
- **Supports Parenting** - Parenting within our values, helps us to be guided in our parenting approach. As parents we work together to meet our family values and ensure that flows through to our children.

(Tibrewal, 2021)

How to Identify Family Values

1. Everyone identify their own values (age appropriate) – let the kids have a say – it may be less formal and a conversation such as, what is important to you in our family?
2. Come together and share your own values – by being open and honest about what we value, we can be open and honest about what is important to us in our family.
3. Write down any common values – there are likely to be some! These are great starting points to build you list – you can still discuss what that value means to you, as we still may interpret it slightly differently, make sure everyone understands what that value means as a family.
4. Have a discussion on what each member thinks should be included and why – if there are different or competing values – have open, honest, and non-judgmental conversations about it. Remember everyone has different values, be respectful and if having difficulty think about the following:
 - a. How do you want everyone to feel when at home?
 - b. How do you spend your time together and apart?
 - c. What do you love about each other?
 - d. What strengths and weaknesses do you see in each other?
 - e. Are there some things that cause tension within the family?
5. Decide together – what your family values will be and try to priorities these
6. Make a list and have it somewhere everyone can see

("How To Define and Discover Your Family Values - Raising Kids With Purpose", 2020)



Reviewing Values

Our lives are always changing and evolving, as we do.

We are continuously learning and experiencing new things. Many things in life may influence or change our values.

It is important to regularly review and assess both our own values and our families.

We may find we are not living in line with our values, it is important to assess why. Do we need to look at the decisions we are making, what is it we are needing at that time? Can we make decisions that better align with our values?

Is it time to change our values? Reprioritise values or add new ones?

So, if our lives don't seem to be heading in the direction we want or we are struggling with how things are feeling for us. It may be time to reassess our values and remember who we are and what is important to us, individually and as a family.

(Marinoff, 2021)

References

How To Define and Discover Your Family Values - Raising Kids With Purpose. (2020). Retrieved 23 April 2021, from <https://raisingkidswithpurpose.com/defining-family-values/>

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Mintz, S. (2018). What are Values? [Blog]. Retrieved from <https://www.ethicssage.com/2018/08/what-are-values.html>

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Our Services.

CatholicCare is the social services agency of the Catholic Diocese of Wollongong, covering the Illawarra, Shoalhaven, Macarthur and Southern Highlands Regions. We support people to establish and build positive

relationships and connected lives. Our aim is to help people through difficult times to help them achieve self-reliance and realise their full potential. We also advocate for social equality and prioritise the needs of the most vulnerable.

CatholicCare is an inclusive organisation committed to helping anyone in need regardless of religious beliefs.

